



WARNING REGARDING PHYSICAL DEPENDENCE OF CONTROLLED SUBSTANCES

Physical dependence and/or tolerance can occur with the use of controlled substances.

Physical dependence means that if the controlled substance is abruptly stopped or not taken as directed, a withdrawal symptom can occur. This is a normal physiological response. The withdrawal syndrome could include, but not exclusively, sweating, nervousness, abdominal cramps, diarrhea, goose bumps, and alterations in one's mood.

It should be noted that physical dependence does not equal addiction. One can be dependent on insulin to treat diabetes or dependent on prednisone (steroids) to treat asthma, but one is not addicted to the insulin or prednisone.

Addiction is a primary, chronic neurobiologic disease with genetic, psychosocial and environmental factors influencing its development and manifestation. It is characterized by behavior that includes one or more of the following: impaired control over drug use, compulsive use, continued use despite harm, and cravings. This means the drug decreases one's quality of life.

Tolerance means a state of adaptation in which exposure to the drug induces changes that result in diminution of one or more of the drug's effects over time. The dose of the controlled substance may have to be titrated up or down to a dose that produces maximum function and a realistic decrease of the patient's pain.

It may be deemed necessary by your doctor that you see an addiction medicine specialist at any time while receiving controlled substance medications. Understand that if you do not attend such an appointment, your medication may be discontinued or may not be refilled beyond a tapering dose to completion. If the specialist feels that you are at risk for addiction or psychological dependence, medications will no longer be refilled.